



London 2009 **American Red Cross Waterfront Lifeguard Course Schedule**

Location: Thornton Heath Leisure Centre, Croydon
Dates: Saturday 4th – Sunday 5th April
& Saturday 11th – Monday 13th April 2009

Dear Lifeguard Applicant

Thank you for enrolling onto the American Red Cross Waterfront Lifeguard Training Course. Our records indicate that you have signed up for the lifeguard course to be held in London area at **Thornton Heath Leisure Centre**, 80 – 110 The High Street, Thornton Heath, Croydon, Surrey, CR7 8LF. Tel: 0208 689 5300 on the following dates Saturday 4th & Sunday 5th April & Saturday 11th – Bank Holiday Monday 13th March 2009 (**Note: You must attend all dates above and they include a bank holiday**)

DIRECTIONS TO THORNTON HEATH LEISURE CENTRE

- British Rail service from London Victoria Station to Thornton Heath Station.
- Please contact National Rail Enquiry Service at 08457 48 49 50 for rail schedules, prices and information
- Bus Route 198, please call traveline 0871 200 2233
- For directions you can also use the Internet try www.multimap.com

SUGGESTIONS FOR ACCOMMODATION

Note: Please understand that the accommodations listed herein are provided as suggestions only. You are not required to stay at any of these locations. We recommend that you phone the accommodation you are interested in to confirm availability and price. Camp America cannot accept any responsibility for problems occurred while staying at any of the enclosed suggested locations.

Crystal Palace Tower – (Hotel)

114 Church Road, Crystal Palace, London SE19 2UB
Telephone: 020 8653 0176
www.crystalpalacetowerhotel.co.uk

Croydon Court Hotel – (Hotel)

Croydon Court Hotel, 597 – 603 London Rd, Thornton Heath, Croydon, Surrey, CR7 6AY
Telephone: 0208 684 3947
<http://www.croydoncourthotel.co.uk/home.html>

ITEMS YOU WILL NEED TO BRING:

- 2 Swim suits
- 2 towels
- Change for lockers
- Pen and paper
- Clothing to wear on side of the pool (we suggest you bring a piece of clothing like a jumper to wear on the side of pool to keep warm during demonstrations)

Note: Books will be given on the first day of the course you must bring these each day to the course.

Tests to be carried out on Day 1

If you fail these tests you **will not** be allowed to continue on the course and all money paid will be forfeited.

- 1. Swim 500m (20 lengths of 25m pool) continuously, using these strokes in the following order:** 200m of front crawl using rhythmic breathing and a stabilizing, propellant kick, 200m of breaststroke using a pull, breathe, kick and glide sequence 100m of front crawl or breaststroke or a combination of both
- 2. Timed Event**
Starting in the water, swim 20 meters using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 meters back to the starting point with the object and exit the water without using a ladder or steps within 1 minute, 40 seconds.
- 3. Underwater swim**
Swim 5m; submerge and retrieve 3 dive rings placed 5m apart in 4–7 feet of water; resurface; swim 5m to side of the swim area.

Day 1 – Saturday 4th April

11.00 - 12.30pm – Pool
1.30 – 4.00pm - Classroom sports hall
4.00 – 6.00pm - Pool

Day 2 – Sunday 5th April

9.00 - 12.30pm – Classroom sports hall
1.00 – 4.00pm – pool

Day 3 – Saturday 11th April

9.00 – 12.30pm – Pool shallow
1.30 – 6.00pm – Classroom sports hall

Day 4 – Easter Sunday 12th April

9.00 – 12.00 noon – pool
12.30 – 4.00pm – Classroom sports hall

Day 5 – Bank holiday Monday 13th April

9.00 – 12.00 noon – pool
12.30 – 4.00pm – Classroom sports hall

Please note:

- You must pass the above tests to continue on the course.
- You must attend all sessions both pool and class.
- Please ensure you arrive on time for each day of the lifeguard course.
- Please note the schedules are subject to change during the course.
- You will be required to complete a daily warm up swim of approximately 200m for stamina and fitness.

Thank you and Good Luck!